

INGREDIENTS:

1 oxtail
6 carrots
3 leeks
1 garlic clove
1 onion
1 bottle red wine
700ml beef stock made with two capsules
1 bay leaf
25g butter
3 tablespoons olive oil
Sea salt, freshly-ground black pepper

TIME: 4.5 Hours**SERVING:** 4 people

Pour the wine into a saucepan, set over a high heat and reduce by one-third. Peel the carrots and trim the leeks and slice both thickly. Peel and chop the onion and garlic. Heat the butter and oil in a large casserole and fry the onion and garlic until softened. Remove with a slotted spoon then brown the pieces of oxtail on all sides. Replace the onions and garlic, add the bay leaf, leeks, carrots and red wine and enough stock to cover the meat. Season well, cover and simmer very for four hours.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: